



eggs

50 TRIED & TRUE RECIPES

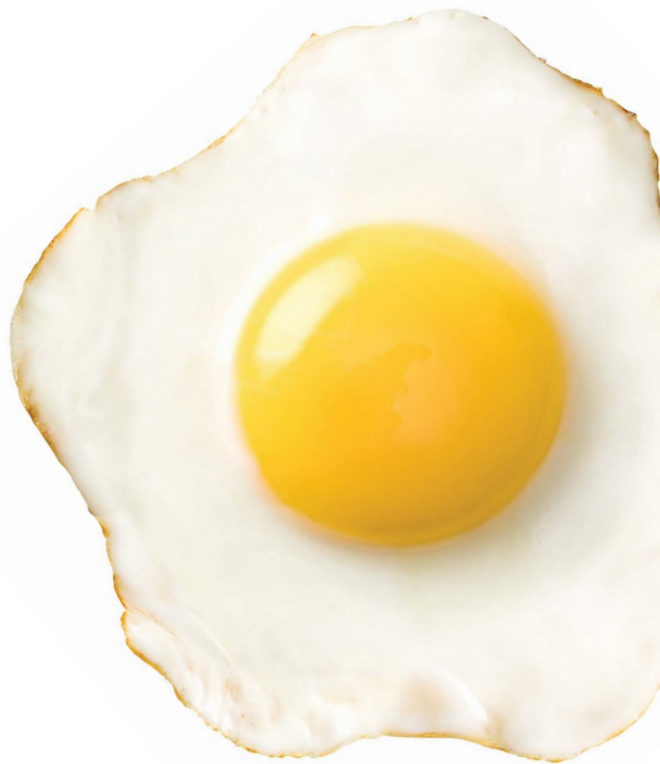
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Table of Contents

| | |
|--|-----------|
| Acknowledgments | 6 |
| Introduction | 10 |
| History | 10 |
| About Eggs | 11 |
| Egg Classifications and Marketing Terms | 11 |
| Egg Colors | 12 |
| Other Egg Products | 12 |
| Egg Sizes | 13 |
| Nutrition | 14 |
| Egg Functions | 14 |
| Storing Eggs | 16 |
| Egg Safety | 16 |
| Cooking with Eggs | 17 |
| Beverages, Breads, and Breakfast | 22 |
| Eggnog | 25 |
| Blended Pisco Sour | 27 |
| Brioche | 29 |
| Popovers | 31 |
| Herbed Cheese Puffs | 33 |
| Breakfast Pizza | 35 |
| Breakfast Tacos | 37 |
| Sweet Potato, Kale, and Egg Hash | 39 |
| Cheese-and-Sausage Breakfast Bake | 41 |
| Quick-and-Easy Egg Bites | 43 |

| | |
|--|-----------|
| Baked Eggs with Spinach, Tomatoes, and Ham | 45 |
| Cheesy Creamed Eggs | 47 |
| Bacon-Tomato Eggs Benedict | 49 |
| Orange-and-Cinnamon French Toast Casserole | 51 |
| Dutch Baby | 53 |
| Appetizers, Soups, and Salads | 54 |
| Lemon-Chive Aioli | 57 |
| Bacon-Horseradish Deviled Eggs | 59 |
| Fried Buffalo Eggs | 61 |
| Caesar Salad | 63 |
| Dilled Egg Salad | 65 |
| Avgolemono with Chicken and Rice | 67 |
| Egg Drop Soup | 69 |
| Hot and Sour Soup | 71 |
| Entrées and Sides | 72 |
| Cheesy Potato Croquettes | 75 |
| Sweet Corn Pudding | 77 |
| Spinach-and-Gruyère Soufflé | 79 |
| Broccoli Soufflé Casserole | 81 |
| Arugula-and-Bell Pepper Frittata | 83 |
| Smoked Salmon Frittata | 85 |
| Potato-and-Bacon Quiche in a Parmesan Crust | 87 |

| | |
|--|------------|
| Spaghetti Carbonara with Arugula | 89 |
| Chicken, Egg, and Rice Casserole..... | 91 |
| Chiles Rellenos Casserole | 93 |
| Egg Foo Young | 95 |
| Sweets | 96 |
| Crème Anglaise with Fresh Berries | 99 |
| Homemade Vanilla Bean Frozen Custard . | 101 |
| Dark Chocolate Pots de Crème | 103 |
| Amaretti | 105 |
| Double Chocolate Meringue Cookies ... | 107 |
| Individual Peach and Blueberry Pavlovas | 109 |
| Tart Lemon Bars | 111 |
| Cream Puffs with Chocolate Sauce | 113 |
| Egg Custard Pie | 115 |
| Lemon Meringue Pie..... | 117 |
| Key Lime Pie with Nut Crust | 119 |
| Sunken Chocolate Tart..... | 121 |
| Flan | 123 |
| Angel Food Cake | 125 |
| Lemon Pudding Cups..... | 127 |
| Hazelnut Meringue Cake | 129 |
| Chocolate Italian Buttercream..... | 130 |
| Index | 131 |
| About the Author | 136 |



Introduction

Eggs are simply marvelous. They are often ignored as a commonplace ingredient. For example, in cakes, their function as a leavener or a component that adds structure is hidden behind high-profile ingredients like chocolate or vanilla. But eggs can also be the glorious main attraction in recipes like deviled eggs or frittatas and omelets.



Although they are often associated with breakfast, eggs can star in every course, including appetizers, breads, soups, salads and salad dressings, main dishes, and sauces. And, of course, eggs shine in desserts where they serve as foundational ingredients or feature in puffy meringues or rich, silky sauces.

Creating a collection of egg recipes seems obvious—after all, there are so many ways to prepare them. The hard part is deciding what types of recipes and flavor combinations to develop. Here, I’ve opted for a middle ground. There are simple and basic recipes in this book, but I’ve also incorporated some interesting flavor combinations that are worth exploring. To be inclusive, I have also offered a few beverages and soups. In this book, my goal is to make sure that eggs are the primary ingredient or at least present in enough quantity for each entry to qualify as a true “egg” recipe. While there are many delicious types of eggs, including duck, goose, quail, and even ostrich, this book simply uses the ubiquitous and familiar large chicken eggs.

Eggs are economical, nutritious, widely available, delicious, and convenient. They can be used in simple to extravagant dishes and are appropriate for beginner cooks and accomplished chefs alike.

History

Eggs are one of the earliest human foods, and they have been consumed from prehistory to the present day. Over the millennia, eggs have provided an important source of nutrition as well as cultural symbolism. Until the mid-twentieth century, egg farms in the US were primarily family-based, backyard operations. Industrial advancement transformed small flocks into large commercial enterprises. Improved efficiency and sanitation led to increased egg production, but it also led to animal welfare concerns and adjustments to address them.

About 65% of commercially produced eggs are bought and used by home cooks. In the US, each person eats the equivalent of 286 eggs every year! (This doesn't mean entire eggs, of course, but eggs used as ingredients in other products.) About 4% of commercial eggs are used by the restaurant (food service) industry, about 3% are exported, and the remaining 28% are used by food manufacturers to make products we purchase at grocery stores. In all, more than 260 million cases of eggs are produced each year.

About Eggs

The terminology surrounding eggs can be a bit confusing. Here's a brief rundown of some of the words you'll encounter when buying eggs.

Egg Classifications and Marketing Terms

Commercial/nondisclosed: Eggs are laid by hens housed in small enclosures of about 8½ x 11 inches.

Free-range: Eggs are laid by hens with daytime access to outdoor areas.

Cage-free: Eggs are laid by hens with access to roam in a building or an open area that includes nesting space and perches. They should have unlimited access to food and water.

Enriched colony: Though they are still raised in cages, hens raised in enriched colonies have more space to walk, along with access to perches and nesting areas.

No added hormones: As it is illegal in the US to give hormones to poultry, this term is misleading and means little.

No added antibiotics: Chickens raised for egg production are rarely given antibiotics. This qualifier is more important for birds raised for meat. Antibiotics are given to reduce disease and increase growth.

Omega-3 eggs: These eggs are laid by hens fed a diet high in omega-3 fatty acids, for enhanced nutrition.

Local: These eggs are produced by hens located less than 400 miles away.



Eggnog

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This version of the holiday drink includes beaten egg whites to lighten up the texture. You can skip this ingredient for a richer drink. For an adult version, add a shot of bourbon, whiskey, or rum to the glass before pouring in the eggnog.

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makes 8 cups

INGREDIENTS

2 cups whole milk
2 cups heavy whipping cream
½ cup granulated sugar
¼ teaspoon ground nutmeg
6 large eggs
2 teaspoons vanilla extract

GARNISH

Ground nutmeg

Combine milk, cream, sugar, and nutmeg in a medium saucepan over medium-high heat. Cook, stirring frequently, until hot but not boiling.

Separate egg yolks from egg whites. Cover and chill egg whites until ready to serve. Whisk egg yolks in a medium bowl. Drizzle about ⅓ cup hot milk mixture into yolks; whisk and repeat with another ⅓ cup hot milk mixture. Pour yolk mixture into remaining hot milk mixture in pan; whisk to combine.

Cook, stirring constantly, until mixture reaches 160°. Remove from heat and stir in vanilla.

Let stand until room temperature; cover and chill several hours or overnight.

Before serving, beat egg whites until soft peaks form and fold into chilled eggnog. Garnish, if desired.



Bacon-Tomato Eggs Benedict

Hollandaise sauce can be troublesome if not cooked correctly.
Use a double boiler or a bowl placed over gently simmering water.
Don't try to make the sauce in a pan directly on the stove.

makes 4 servings

INGREDIENTS

8 slices lean bacon
2 tablespoons extra-virgin olive oil, divided
1 (5-ounce) container baby spinach
½ teaspoon salt
⅛ teaspoon coarsely ground black pepper
Hollandaise Sauce (recipe at right)
4 English muffins, split
8 tomato slices
1 teaspoon white vinegar
8 large eggs

Cook bacon in a skillet over medium heat until crispy. Remove to paper towels. Wipe skillet clean.

Heat 1 tablespoon olive oil in skillet over medium-high heat. Add spinach and cook, tossing with tongs, until wilted. Stir in salt and pepper. Cover and keep warm.

Prepare Hollandaise Sauce. Remove from heat; keep warm.

Toast muffins; top each muffin half evenly with spinach mixture, 1 slice of bacon (broken into 2 halves), and 1 tomato slice. Cover with aluminum foil to keep warm.

Fill a deep skillet with 2 inches of water. Bring to a simmer and stir in vinegar. Break 1 egg into a ramekin. Slide egg into simmering water. Repeat with remaining 7 eggs. Poach for 3 minutes and remove with a slotted spoon. Place eggs directly on top of tomato. Drizzle with Hollandaise Sauce.

Hollandaise Sauce: Whisk together **4 large egg yolks**, **2½ tablespoons fresh lemon juice**, and **⅛ teaspoon cayenne pepper** in top of a double boiler. Place over barely simmering water. Add **½ cup (1 stick) butter, cut into pieces**, a few pieces at a time, to egg mixture. Cook over hot water, whisking constantly, until butter melts. Cook, whisking constantly, 5 minutes or until sauce thickens. Remove from double boiler; cover and keep warm. Makes 1 cup.



Dilled Egg Salad

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Fresh dill adds a light herbal flavor to this simple egg salad. If you like it a bit tangier, stir in 2 tablespoons chopped dill pickle, along with a teaspoon or two of pickle juice to taste. The core of this recipe is the hard-boiled eggs. Overcooked egg yolks will give the salad a grayish-green cast and taste a little bitter. If you goofed and have dark-rimmed yolks, just reduce the amount of yolks. Egg whites are chopped, but you may find it easier to simply crumble the yolks into the salad mixture.

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makes 3½ cups

INGREDIENTS

⅓ cup mayonnaise
2 tablespoons sour cream
1 teaspoon Dijon mustard
2 teaspoons fresh dill, minced
¼ teaspoon salt
2 small celery stalks,
finely chopped
1 green onion, finely sliced
12 hard-boiled eggs
Coarsely ground black pepper
to taste

Combine mayonnaise, sour cream, mustard, dill, and salt. Stir in celery and onion.

Cut eggs in half and chop whites and yolks separately. Stir into mayonnaise mixture. Sprinkle with pepper before serving.



Spaghetti Carbonara with Arugula

Make sure the skillet is warm but not hot when you add the eggs or they will cook or curdle before coating the pasta. If you work quickly, the heat from the pasta will cook the egg mixture, creating a silky sauce and coating the noodles. If the sauce doesn't appear to be thickening because your skillet or ingredients are cool, heat the skillet over very low heat while stirring constantly.

makes 4 servings

INGREDIENTS

3 large eggs,
at room temperature
½ cup (2 ounces) freshly grated
Romano or Parmesan cheese
½ teaspoon salt
¼ teaspoon coarsely ground
black pepper
4 slices thick lean bacon,
chopped
½ small onion, finely chopped
2 garlic cloves, finely chopped
⅛ teaspoon crushed red pepper
flakes (optional)
8 ounces uncooked spaghetti,
angel hair, or other pasta
4 cups lightly packed arugula
and/or spinach blend

Whisk together eggs, cheese, salt, and black pepper in a small bowl. Set aside.

Cook bacon in a large skillet over medium heat for 10 minutes or until almost crispy. Add onion, garlic, and, if desired, red pepper flakes. Cook for 5 minutes or until onion is tender and golden brown. Remove from heat.

Cook pasta in boiling salted water according to package directions. Drain pasta, reserving ¼ cup cooking liquid. Add pasta to skillet, stirring until well blended. Quickly add egg mixture to hot pasta mixture, tossing to coat.

Stir arugula into pasta mixture. Add reserved pasta water, a few tablespoons at a time, and cook over very low heat, stirring constantly, until sauce thickens and pasta is thoroughly heated.

bring farmhouse freshness to your family's table

Packed with protein, eggs are the perfect breakfast food—yet we can make them a wholesome part of any meal. *Eggs* features 50 tried-and-true recipes for everyone who appreciates the yolk's distinguishable taste paired with the white's mild flavor. Add this cookbook to your collection, and take your egg-based dishes to another level of flavorful goodness.

Inside You'll Find

- 50 recipes—tested and tasted by the author, a professional food stylist
- Breakfast, breads, entrées, sides, and more
- Full-color photography from a professional food photographer
- BONUS: Introduction to egg types and basic tips for cooking eggs

Enjoy These Recipes and More:

Eggnog • Popovers • Cheese-and-Sausage Breakfast Bake • Bacon-Tomato Eggs Benedict • Avgolemono with Chicken and Rice • Spinach-and-Gruyère Soufflé • Smoked Salmon Frittata • Spaghetti Carbonara with Arugula • Egg Foo Young • Cream Puffs with Chocolate Sauce • Hazelnut Meringue Cake



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COOKING / SPECIFIC INGREDIENTS